

# HOW TO FLUSH KIDNEYS

The reasons why we should want to cleanse the kidneys are many.

1. Chronic dehydration turns the wastes being filtered by the kidneys to sludge, sand or rocks.
2. Viral infections leave residues and viruses behind in the kidneys that will reinfect us sooner or later. These viral issues also affect the function ability of the kidneys.
3. Stress results in many extra wastes that are to be excreted by the kidneys and because we do not drink enough water for filtering, they build up as acids in the kidneys. Also, the dam backs up behind the kidneys in our lungs, skin and lymph, and becomes full of morbid matter. This lowers the pH or acid base balance of our bodies causing degenerative disease to begin and progress
4. Certain drug and chemical residues tend to linger in the kidneys and deteriorate the delicate parts of the kidneys leading to degenerate diseases of the kidneys themselves and kidney failure
5. Failure of the kidneys to filter the blood efficiently leads to many diseases of the various body organs as the acidic content of the body rises and morbid matter builds up.

Using these simple methods of cleansing the Kidneys is extremely effective in ridding them of the blockages and morbid matter, as well as the sludge, sand, gravel, and stones. These truly simple methods also profoundly heal the kidneys and return their function to normal. There are many demonstrations of bringing back the health and function of kidneys that have been down to 10% renal function and returned to optimal function ability, which is 90-100%

## TO BEGIN YOUR KIDNEY CLEANSE:

First you need to know that the digestive tract needs to be cleansed, and restored to better function as well as the immune system strengthened, *before* cleansing the kidneys, if you have the time and ability to do so. If not, then go forward as in the case of severe kidney disease, cancer, severe infection, severe renal impairment, and begin the kidney cleansing while at the same time beginning the cleansing of the other body systems.

## FIRST YOU MUST EARN YOUR CLEANSE:

You must be taking:

- Intestinal Cleanse Formulas #1&2;
- Echinacea or Triple Tincture;
- Blood Lymph Detox Formula
- Dietary considerations are in place;
- Juicing
- Green Smoothies
- NO processed or refined foods
- No cooking with oils of any kind

Use only cold pressed oils, NO CANOLA OIL  
Eat only raw food when cleansing, no heavy eating,  
no large amounts of food, eat light

## **HOW TO MAKE A KIDNEY FLUSH DRINK**

Drink this Kidney Flush Drink first in the morning. You need only to drink this flush drink one time per day. The two cups of tea that follow the flush drink will be drunk two more times during the day. At noon and in the evening they should be repeated.

Recipe for Kidney Flush Drink:  
10 ounces of warm water  
Juice of 2 lemons/limes your choice  
Cayenne (red pepper) 1/8 tsp  
Liquid Stevia to taste

Drink this within 10 minutes of starting to drink and when finished set your timer for 15 minutes. At that time drink two cups of Kidney/Bladder Tea (you must make this the night before) with 2 or more droppers full of Kidney/Bladder Formula (liquid in a bottle) in each cup of Tea.

To make Kidney/Bladder Tea:

Place two heaping Tablespoons full in a kettle with one quart of water the night before needed. In the morning bring it to a slow light boil. Cover the kettle with a lid and simmer slightly for 3-5 minutes. (If in a hurry this can be done without the overnight) Turn fire out and let set for twenty minutes, then it is ready to drink. Strain and add the droppers full of Kidney/Bladder Formula while still hot and let cool enough to drink. By then ALL of the alcohol will be evaporated.

Drink two cups of this Tea, with the two droppers or more of Kidney/Bladder Formula, two more times in the day. Noon and early evening are the best times. It can be drank as many times as needed. If you stop drinking this Tea early enough in the evening, you will sleep without so many interruptions to the bathroom during the night.

Kidney Flushing should go on for at least six days to get the maximum effect, but do not hesitate to do it at odd times, and as often as needed for the occasional problem. This should be done every two months or at least every three months for optimal health.

## **‘QUICK HELP’ FOR KIDNEY STONE PASSING/PAIN**

*Natural Wellness in extreme need.*

When you know by diagnosis, or just from right and left flank pain (right or left side of your mid to lower back toward your sides ), that you are passing a kidney stone; Here is what has proved effective every single time we have seen it applied.

Hopefully you will have some ***Kidney Bladder Dissolve Tea; Kidney Bladder Sustain Formula***; and some ***fresh squeezed lemon juice***.

**Step One:** Pour at least ***½ cup full of straight lemon juice*** and begin sipping on it—should take 15 minutes to take this in. While sipping on the juice...Have someone massage your flank where the pain is located, going from top to bottom of the pain

**Step Two:** Prepare ***three quarts of water*** in a large Stainless Steel kettle, add ***three fourths (3/4) cup dry herb from the bag of Kidney Bladder Dissolve Tea***. COVER with a lid and ***bring to a slow boil for 5 minutes***.

**Step Three:** Dip out ***2 cups of tea*** and to each ***cup add 4 droppers full of the Kidney Bladder Sustain Formula***, and let set for 5 minutes then drink

**Step Four:** ***Strain*** out the tea and ***add appropriate number of droppers*** full as in Step Three, to the remainder of the Kidney Bladder Dissolve Tea.

**Step Five:** Drink cup after cup all the rest of your waking hours for at least three to five days, using approximately three quarts of this tea and formula daily. You should be free of pain within the hour from beginning this regime, and you should pass stones within a few hours. If not, do more, it surely will come, just beware that this is DISSOLVE tea, and that you may not visualize any actual stones, as they may be sloughed off as sludge. When the pain is gone the stone has sufficiently decreased in size and will continue to do so, until you either pass it or it dissolves completely.

Your kidney probably has more stones, so a week of this program approximately every two months, will help heal the kidney, cause the swelling to disappear, and dissolve any other stones existing in the renal system. Be sure to ascertain the cause of the stone/s and change the lifestyle...Here's a partial list of causative factors for stones, and kidney inflammation.

Calcium supplements  
board

Dehydration—not enough water on

Coffee, caffeinated teas and other drinks Soda Pop

Chocolate

Dairy—milk and cheese

Food additives, and other chemicals

Not enough exercise